

The Jewish Association of Spiritual Healers



SUMMER 2016

www.jashhealing.com

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

**FOUNDER MEMBER OF THE BRITISH ALLIANCE OF
HEALING ASSOCIATIONS**

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Aubrey Rose CBE**

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Committee for 2015/2016

**Francine Benjamin, Harry Luck, Margot Garcia,
Rita Vangelder, Yetta Powell , Maurice, Powell ,
Latha Kathirkamathamby, Pat Greenberg, Vedant
Wood, Teresa Smith and Steve Sharpe.**

**Please accept our apologies for the lack of our News and Views magazine over the past few months, but as you know, Yetta and Maurice have sustained a long period of poor health. They have done an excellent job of producing this magazine for the last twenty years and as a tribute to them I have taken articles from previous magazines to fill this one. So if you think that you have seen an article before, you are not imagining things, you probably have.
Steve Sharpe**

Chairman's Report May 2016

Welcome to this latest edition of News and Views. This last eighteen months has been very topsy turvy with many of our committee members experiencing health related problems causing lack of drive and energy, but hopefully those situations are now behind us and we will return to our usual selves.

Over the last year I have attended some informal meetings with members from the British Alliance of Healing Associations, UK Healers, Spiritualist National Union and the Confederation of Healing Organisations with the view to iron out the differences between us and have all healing organisations agreeing to a Training Programme, Code of Conduct and Complaints and Disciplinary procedure with at least eighty per cent of the criteria agreeable to all sections of the Spiritual Healing organisations. This has been attempted before, but unfortunately, has not lasted more than a few months. Should we achieve this goal, it will eventually lead to healers who have trained with one organisation, will be able to move to a different organisation with a minimum of extra training if any. The standards being discussed at the moment are a minimum of two hundred hours over a two year supervised training period with at least four case studies and appearing in front of a panel of healers who have not been involved with their training.

The finances of BAHA are improving steadily thanks to the dedication and hard work of Sheila and David Holmes. Francine and I have attended some workshops with the Doctor Healer Network, one about Harmonics with Keith Foster, another about Havening with Dr Mike and Louise Karmi, another about Rocks and Minerals with Ron Bonewitz and another about Reverse Speech with Ingrid Collins. There is so much to learn in life!

Please e-mail me (jashhealing@hotmail.com) if you have anyone you wish to be added to our distant healing list,

I look forward to seeing you at our Annual General Meeting 26th June 2016 at Glebe Hall, Stanmore and thank our committee for their expertise at keeping the Jewish Association of Spiritual Healers at the forefront of the Healing movement.

Steve Sharpe

ANNUAL GENERAL MEETING

OUR ANNUAL GENERAL
MEETING

WILL TAKE PLACE

26TH June 2016

AT

GLEBE HALL, GLEBE ROAD,
STANMORE, HA7 4EL

COMMENCING AT 2 PM.

WE LOOK FORWARD TO SEEING
YOU THERE

TEA, BISCUITS AND CHAT TIME AROUND 4-15PM

Some unusual facts

- Newton invented the cat **flap**.
- Between 1962 and 2002, life expectancy in the middle east and north Africa increased from around 48 years to 69—the strongest performance of any region in the world.
- 52 percent of Korean infants between the ages of three and five use the Internet. They spend an average 4 hours a week online.
- 11 out of the 12 men to have walked on the moon were in the Boy Scouts.
- Ireland is the second richest country in the OECD, behind Japan.
- There are more tigers in the US than in any other country.
- In 2002 Bangladesh became the first country to ban plastic bags.
- Windscreen wipers, laser printers and bullet-proof vests were all invented by women.

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Maimonides obviously knew a thing or two when he suggested drinking chicken soup to combat a cold !!.

- Chicken soup the natural remedy of natural remedies, offers more than comfort for colds and flu.
- Modern scientists have confirmed that chicken soup stops certain white blood cells -neutrophils - from congregating and causing inflammation, which in turn triggers the body to produce copious amounts of mucus. It also thins mucus more effectively than plain hot water. Home-made soup is best - especially if it's made by someone with love. You can also add fresh chopped garlic to chicken soup to further enhance its healing power.

The Egyptian pharaohs used garlic to fight infection and its healing powers are legendary. Among its active compounds are allicin and allin, shown in laboratory studies to kill germs outright. Garlic also appears to stimulate the release of natural killer cells, part of the human immune system's arsenal of germ fighters

Tsunami Volcano, Earthquake Tornado, Flood, Hurricane

Why is Planet Earth trembling?
Why is she shaking?
Why is she weeping?
Planet Earth is weeping for all the orphans
The widows, the disfigured, the bereaved,
Earth is weeping for all beseeching help
Who have been so deceived.
She is crying for all those suffering
From famine, thirst and disease
For clean water and food to stay aliye
Can't we hear their desperate pleas?
Earth weeps for her despoiling and ruin
For the worship of profit and of greed
When millions and millions are so bereft
Of every basic human need.
For the emphasis on material things
And its adulation by the Press
For poverty of the Spirit
And lack of care for the oppressed.
Earth weeps bitterly at the violence
Terror, fear, hypocrisy
For the promotion of all that's false
And the death of integrity.
Yet a new light is dawning
And it will come to be
A time of peace and joy and love
For all humanity.

Yetta Powell AUGUST 2006.

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“The heights to which we climb, and
the depths to which we fall, are the
measure of us all.”
DEAN TILLYARD.

“Don't judge a person by what they
have in the bank, but by what they
have in their heart.”

DEAN TILLYARD

Way of the World by Craig Brown

I am depressed, you are moody, he's a sulk.
I am a one off, you are an eccentric, he's a bit odd.
My mind is on other things, you are easily distracted.
He suffers from attention deficit disorder.
I find it a little noisy, you are hard of hearing, he's stone deaf.
I can talk to anyone, you are a chatterbox, he goes on and on,
I am shy, you are standoffish, he is anti-social.
I am laidback, you take it easy, he is bone idle.
I have the flu, you have a cold, he never stops sniffing.
I am a connoisseur, you are picky, he's a fusspot.
I am a natural leader, you are bossy, he's a fascist.
I am a gourmet; you love your food, he's a greedy pig.
I enjoy a drop, you never say no, he's an alcoholic.

**I've been to hell and back, you've taken a wrong turn,
he's a loser**

I am the life and soul, you are a show off. he's on something.

May you have...

ENOUGH happiness to keep you sweet
ENOUGH trials to keep you strong
ENOUGH sorrow to keep you human
ENOUGH hope to keep you happy
ENOUGH failure to keep you humble
ENOUGH success to keep you eager
ENOUGH friends to give you comfort
ENOUGH health to meet your needs
ENOUGH enthusiasm to look forward
ENOUGH faith to banish depression
ENOUGH determination to make each
day better than yesterday.

Reprinted from THE SPIRITUAL HEALER

Turn on those healing smiles.

I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: “no good in a bed. but fine up against a wall”. **Eleanor Roosevelt**

Last week I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister and now wish to withdraw that statement. **Mark Twain**

The secret of a good sermon is to have a good beginning and a good ending; and have the two as close together as possible. **George Burns**
Be careful about reading health books. You may die of a misprint.
Mark Twain

By all means marry: If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. **Socrates**

I was married by a judge. I should have asked for a jury. **Groucho Marx.**

My wife has a slight impediment in her speech — every now and then she stops to breathe. **Jimmy Durante**

Seeing an Elevator for the first time...An Amish boy and his father were visiting a mall. They were *amazed* by almost everything they saw, but especially by two shiny silver walls that could move apart and back together again. The boy asked, "What is this Father?" the father didn't know. While watching in amazement an old lady in a wheelchair rolled up to the moving walls, pressed a button, the walls opened and the lady rolled into a small room. The walls closed and father and son watched as numbers lit up sequentially above the doors. They continued to watch as the numbers began to light in reverse order. The walls opened again and a beautiful 24 year old woman stepped out. The father, not taking his eyes off the young woman, said quietly to his son, “Go get your Mother.”

Finding Inner Peace ...Someone sent me an article that said the way to achieve inner peace is to finish things. It's definitely working for me. I am now making a point of always finishing what I start, and I think I am well on my way toward inner peace.

Because I care for you I am passing this information on to you. Here are the things I have finished today: two bags of crisps, a cheesecake, a box of chocolates and a packets of my favourite biscuits.

To all those who went on holiday this year and to those who didn't!

GOING ON HOLIDAY

Going on holiday is such a hassle
Wouldn't it be better to stay at home?
No hectic packing, shopping or queuing,
At airports or customs.
Why does one roam?
Well - to see other views, people and places,
To experience the unusual,
Is the reason I guess.
And is it exciting?
And is it interesting?
And is it worthwhile?
Well the answer is - Yes!
And yet. . .To sit in the garden
And drink home brewed tea,
In the shade of the Willow with the cat on my knee.
To watch the flowers blossom,
And the leaves on the tree,
And listen to the blackbird's song,
Is pure Heaven to me!

YETTA POWELL.

This was spotted in a visitor viewing area on the Island of
ARUBA

'INSCRIPTION FOR A GARDEN GATE'

Pause friend and read before you enter here.
This old stonewall encloses hallowed ground.
Here in a mellowed garden dream away the years steeped in
serene sweet light and muted sound.
Here in tranquility peace abide.
For Godwalks here in the cool of evening tide.
Pause friend, and strip from out your heart all vanity,
all bitterness, all hate.
Quench for this hour , the fever of your fears.
Then treading softly pass within this gate, there where the
ancient trees wait, hushed and dim,
may you find God and walk awhile with Him.
These gardens are entrusted to the courtesy of the visitors.

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and weight.

Let the doctor worry about them. That is why you pay him/her.

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Remember the five simple rules to be happy:

1. Free your heart from hatred.

2. Free your mind from worries.

3. Live simply.

4. Give more.

5. Expect less.

We always like to encourage young poets. So here is a poem by a boy who loves horses and lives with his parents at a horse riding school.

Horses

Horses are nice, and also fun
And they like to bathe in the sun.
They run like the wind and rain,
But when they are angry they can be a pain.
Horses like Snowy like to eat,
When they are shod they put nails in their feet.
And when horses gallop on the concrete they go lame,
And only the fast horses get fame
Horses have a big head,
The best bit for them is getting fed.
When they go out to play,
If they're lucky they'll get some hay.
Polo's or mints are a threat,
And they would like a groom to look neat.
Their mane gets knotty and the tail,
And if they escape into the barn they'll eat a bale.
Horses are scared of a ball,
And foals are awfully small.
And horses don't really like to get tacked,
But if they are naughty they'll get a smack.

By JAMES HIRELEHEY. AGED 9YRS

Car rental brochure, Tokyo: WHEN PASSENGER ON FOOT
HEAVE IN SIGHT, TOOTLE THE HORN. TRUMPET HIM
MELODIOUSLY AT FIRST, BUT IF HE STILL OBSTACLES
YOUR PASSAGE THEN TOOTLE HIM WITH VIGOUR.

* * *

Hotel brochure in Italy: THIS HOTEL IS RENOWNED FOR ITS
PEACE AND SOLITUDE. IN FACT, CROWDS FROM ALL OVER THE
WORLD FLOCK HERE TO ENJOY ITS SOLITUDE.

An exhaustive agenda

Physical exercise is good for you.
I know that I should do it daily,
but my body doesn't want me to
do too much, so I have worked out
this programme of strenuous
activities that do not require
physical exercise:

Beating around the bush
Jumping to conclusions
Climbing the walls
Swallowing my pride
Passing the buck
Throwing my weight around
Dragging my heels
Pushing my luck
Making mountains out of molehills
Hitting the nail on the head
Wading through paperwork
Bending over backwards
Jumping on the bandwagon
Balancing the books
Running around in circles
Tooting my own horn
Climbing the ladder of success
Pulling out the stops
Adding fuel to the fire
Carrying a grudge
Opening a can of worms
Putting my foot in my mouth
Whew !!

**What a workout ! I think I'll
exercise caution now and sit down.**

WATER

1. 75% of people are chronically dehydrated.
2. In 57% of people the thirst mechanism is mistaken for hunger!
5. Mild dehydration will slow down your metabolism by 5%.
4. ONE large glass of water can shut down midnight hunger pangs.
5. Lack of water equals daytime fatigue.
6. 8—10 glasses of water per day can decrease back and joint pain by up to 80%.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, basic maths and focus difficulty.
8. Drinking 5-6 glasses of good water per day decreases the risk of colon cancer by 45%, slashes breast cancer by 79%. and bladder cancer by 50%.
9. **HAVE ANOTHER GLASS OF GOOD WATER!!!**

“HAVE ANOTHER COLA”

1. In many USA states, the Highway Patrol carries 2 gallons of cola to remove blood stains from road accidents.
2. Place a steak in a bowl of cola for 2 days and it will be GONE!
5. To clean a toilet bowl, pour in cola and let it sit for 1 hour and you can then flush all stains from the vitreous enamel.
4. To clean a rusted bolt or car battery terminals, apply a cloth soaked in cola for several minutes.
5. To remove grease from cloths add cola to the washing.
6. THE ACTIVE INGREDIENT IN COLA IS PHOSPHORIC ACID. The P.H. Level is 2.8 and it will dissolve a metal nail in about 4 days.

ENJOY YOUR COLA!!!

By **Robyn Wood** - Queensland, Australia.

As published in FOCUS - Magazine of World Federation of Healing.

EINSTEIN'S WORDS OF WISDOM

“**Strange** is our situation here on earth. Each of us comes for a short visit, not knowing why, yet seeming to have a divine purpose. From the standpoint of daily life: however, there is one thing we do know: that man is here for the sake of other men: for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day I realise how earnestly I must exert myself to give in return as much as I am still receiving.”

Remember, as the strength of a chain is determined not by the number of its links but by the quality of each link, even so is JASH in bringing healing to those who seek healing, measured not by the numbers of healers under our banner, but by the quality of each of our Healer members.

We know that laughter heals, so here are some more gems which we hope will encourage that healthy smile.

There is no doubt at all, the following written answers to children's test and examination papers are the real thing

..

Q. What did Moses do for a living while he was staying with Jethro?

A. He married one of his daughters.

The year 1720 saw the opening of the Irwell Canal at Manchester. The Chinese brought this over.

The Old Lady of Threadneedle Street is Florence Nightingale in her old age.

Pluto composed the music of The Magic Flute

A blood vessel is a man's lifeboat.

A sheep is mutton covered with wool.

The home of the swallow is the stomach.

Quinine is the bark of a tree: a canine is the bark of a dog.

He has gone to Switzerland to remunerate his health.

A cat is a carnation because he eats meat.

Father has been in bed with an allegory in his leg.

Artificial respiration is what you make a person alive with when they are only just dead.

Phlebitis is a disease frequently taken by people looking after menageries.

To be struck by lightning is an act of God in very suspicious circumstances.

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Social and Personal

Condolences to Ruth Kaye at the passing of her son Jonathan Cainer.

Condolences to Stephanie Stock and family at the passing of Peter Stock.

Condolences to the family of Anna Hurst.

Congratulations to Joyce and Dennis Ambrose on the birth of their grand daughter.

Please advise me (jashhealing@hotmail.com) if I have omitted to mention people as my memory is not as good as it used to be and I will add them to the list in our next magazine.

Tackling winter aches and pains ---

Toxins and uric acid in the bloodstream are a major cause of this, as well as many rheumatic and arthritic conditions, which seem to cause greater pain and discomfort during those cold winter months when we perspire less and therefore eliminate less toxins through the skin. There is also a tendency to eat more meat and sugary starchy foods during winter, resulting in an increase of uric acid. Therefore, during winter, by eating plenty of fresh fruit and vegetables, cutting down on meat, avoiding acidic foods; yet exercising regularly so as to avoid stiffness and resting when appropriate, those winter aches and pains can be lessened or may even be eliminated completely.

“Healing is the restoring of harmony to the living whole.”

SIR GEORGE TREVELYAN.

“What you love is a sign from your higher self of what you are to do.”

SANYANA ROMAN.

Friend...

If one day if you feel like crying ...
Call me.
I don't promise that I will make you laugh,
But I can cry with you.
If one day you want to run away ---
Don't be afraid to call me.
I don't promise to ask you to stop ...
But I can run with you.
If one day you don't want to listen to anyone,
Call me.
I promise to be there for you,
And I promise to be very quiet.
But if one day you call
And there is no answer ...
Come fast to see me.
Maybe I need you.
--- ***Anonymous.***

ATTITUDE by Charles Swindoll

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day, We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...

We are in charge of our Attitudes!

Submitted by Gloria Gersten USA.

A WORD ON CHIROPRACTIC PHILOSOPHY

The chiropractic philosophy is a simple one that believes:-

1. All health comes from within.
2. Your nervous system runs, co-ordinates and maintains your body.
3. You need a good functional nervous system to be
HEALTHY.
4. Subluxations disturb the function of the nervous system.
5. Chiropractors are skilled in the detection and removal of subluxations using specific, gentle adjustment of the spinal vertebrae using the hands or specially designed implements.
6. Your mind has a powerful influence upon your health. you can think yourself sick or you can think yourself well.
7. Chiropractors recognize that true healing involves all aspects of the physical, chemical and emotional facets of your problem.
8. Drugs and medicines do not solve the problem of disease, only push your ailing body further into adaptation.
9. Chiropractic is able to release the power of your inborn healing ability by clearing harmful nerve pressure from subluxations.

Chiropractic adds life to years, and years to life.

**Reprinted by kind permission Dr. Richard Cook,
LOWLANDS Family CHIROPRACTIC CLINIC**

*I am The Light , I am Love,
I am Goodwill, And I am Peace.
And through me will flow that great Energy,
that will Pour out to all the Earth
And to all the Peoples On the Earth,
That will bring Peace, Love and Goodwill To all on
Earth.*

MPH - Creative Living Group, Israel.

RITA VANGELDER - WHITE DOVE HEALING CENTRE. ESSEX

I was asked to put down a few words on how I became a healer. I believe I had it all my life. The awareness, able to rise above when things became difficult. Be able to draw things to me for my lessons in life. To be able to bounce back and go forward with more determination. I was one of a twin born six weeks premature - 31bs 8 oz; fed with a fountain pen. The nurses said I gave them the creeps as I seemed to home in on their conversation, and I never slept like my twin brother. I had premonitions, knew what people were thinking, always helping someone less fortunate than myself.

I lived in Canada and then Israel. Life seemed to carry me forward. There were waifs and strays at my heels; they said they felt safe with me. I lived through the Yom Kippur War helping in a hospital for badly injured soldiers.

I was 110 percent clairvoyant, so I was told, and I started a development group with Gerald Bellamy when I returned to England 25 years ago. His brother-in-law, Sam Joseph, was a well known medium and healer. I met him in my own home when I opened the house for a charity meeting. Sam said "I envy you; you have had the gift all your life." I only became aware of it when I was 18 years old. He told me that I would be doing so many things, but it went over my head at that time.

I have never looked back. It has been so fulfilling, helping people to help themselves, from headaches to strokes to suicide tendencies when life seems so empty. It's all been by word of mouth. I have never advertised, but have helped others to bring out their own gifts and seen the change in attitudes from darkness to great joy.

My purpose is to serve and give a purpose to others. We work with very high energies and seeing is believing. So always look to the light, remember good things don't last and bad things don't last. All we have is the present moment. Enjoy it to the full; remember the thought is the deed.

In the spirit world I am known as the Leader. Incidentally, I am married 40 years on March 3rd 2003 and am blessed with three daughters and five grandchildren. Ages ranging 17-5 years.

I bless the gift I have and there is never a dull moment There is always something new to learn and new souls to meet on the journey of life.

Points to ponder

Time may be a great healer, but it's a lousy beautician.
I'm in shape. Round is a shape.
Never be afraid to try something new. Remember, amateurs
built the Ark; professionals built the *Titanic*.
Conscience is what hurts when everything else feels so good.
Love is grand; divorce is a hundred grand.
Talk is cheap because supply exceeds demand.
Even if you are on the right track, you'll get run over if you
just sit there.

An optimist thinks that this is the best possible world.

A pessimist fears that this is true.

Dijon vu - the same mustard as before.
Practice safe eating - always use condiments.
It's frustrating when you know all the answers but nobody
bothers to ask you the questions.
The real art of conversation is not only to say the right thing at
the right time but also to leave unsaid the wrong thing at the
tempting moment.
Brain cells come and brain cells go, but fat cells live forever.
Age doesn't always bring wisdom. Sometimes age comes alone.
You don't stop laughing because you grow old, you grow old
because you stopped laughing.
This item has been circulating via e-mail.

SIGNS OF THE TIME. . .

Hotel lobby, Bucharest: THE LIFT IS BEING FIXED FOR THE
NEXT DAY. DURING THAT TIME WE REGRET THAT YOU
WILL BE UNBEARABLE.

* * *

A laundry in Rome: LADIES, LEAVE YOUR CLOTHES HERE
AND SPEND THE AFTERNOON HAVING A GOOD TIME.

Life Lessons

All I Ever Really Wanted to Know, I Learned in Kindergarten

by Robert Fulghum

Most of what I really need to know about how to live and what to do and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain but there in the sandbox at nursery school. These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush the toilet. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some. Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup — they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: **LOOK**.

Everything you need to know is there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all — the whole world — had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and cleaned up our own messes.

And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

Short Life Lessons

Learn new skills. Find new hobbies. Make new friends. Widen your horizons. Gain more knowledge. Broaden your wisdom and understanding. Delve more deeply into a new field you always wanted to explore. Keep traveling, if only as an armchair traveler. Just listen. Don't give advice unless you're asked. Don't complain; don't explain. Go the extra mile. Take the initiative and then be sure you follow through. Nothing ventured, nothing gained. It's all right to fail. Failure is not fatal; failure is not forever. Consider failure a learning process. Expect the unexpected.

A LESSON FOR EVERY COMPUTER OWNER!!!!

Mike was having trouble with his computer. So he called Nick the computer expert, to come and fix it.

Nick arrived, clicked a couple of buttons and solved the problem in less than a minute. He then gave Mike a bill £30 for a minimum service call.

As he pocketed his fee, Mike asked him, "So, what was wrong?" Nick smiled and replied, "It was an ID ten T error."

Not wishing to appear stupid, Mike enquired: "An ID ten T error, what's that, in case I need to fix it again?"

As he left, Nick turned and grinned.... "Haven't you ever heard of an ID ten T error before?"

"No," Mike replied.

"Well write it down," Nick said, "and I'm sure you'll figure it out."

So he wrote down I D 1 0 T

Change

I am changing, I am becoming a different me,

One that is thinking of possibility,

With opportunity to explore

This opens up a once closed door.

I am thinking positively,

Towards a direction linked with certainty,

But in order to take this road,

I have to unburden a heavy load,

That is racked with painful memory.

If I am to become the new me,

I am shaped by life's ups and downs,

But now I must not allow these to attack my stability,

And contribute to a lesser me,

If I am to become a different me.

Vicky Kaye JASH probationer healer.

So now we know....?

Several years ago there was a TV show where John Stossel of *20/20 fame* declared that 50 percent of happiness is genetic: you either popped out of the womb giggling at the sheer joy of the ride or, with only head and shoulders protruding, were already questioning how well you had accomplished the delivery.

So the first thing you need to know, it's probably not your fault.

In fact, achieving bliss is so mysterious that studies show both a paraplegic and a lottery winner, one year past the event will be as happy as they were before; no more, no less.

Frightening thought, right.... ?

For according to Stossel, to be happy you must:-

1. Be in control of your life.
2. Have faith in yourself or a higher authority.
3. Participate in social relationships.
4. Set achievable goals
5. Act as if you are already happy.

On the other hand, nobody ever said you had to be happy.

Having enough cash so you never have to worry would definitely help, but the ability to seize the moment and enjoy it is probably the best most of us

--- that other 50 percent anyway --- can hope to achieve..

So, if you're still miserable, don't blame your parents.

Now you know !!!

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A RED INDIAN PRAYER

Oh Father, whose voice I hear in the wind, and who gives life to all my people. Hear me, for I am young, small and weak, I need your strength and wisdom.

I seek strength, Father, not to be superior to my brothers, but to be able to fight my greatest enemy --- myself.

I seek wisdom, the lessons you have hidden in every leaf and rock so that I may teach my people. May my hands respect the many things you have made and my ears be sharp to hear your voice. May I always walk in your beauty, and let my eyes ever behold the red and purple sunsets, so that when life fades

Like the setting sun, my spirit will come to you without shame.

I have spoken. --- **Sleeping Fox.**

Reprinted from THE SPIRITUAL HEALER

SOME DEFINITIONS

THE SOURCE - The source of all creation in the Universe and of all energy, the Divine, God the Creator, Universal Energy.

SPIRITUAL HEALING - channelling energy by attuning or locking in to the Source of healing energy, using the energy to help those in need by the 'laying on' of hands or hands held a little off the body.

HOLISTIC - the whole person on every level.—physical, mental, emotional, spiritual.

TO ATTUNE - To link with the Source to allow you to be a clear and pure channel for healing and to ask the patient's higher self for permission to give him / her healing.

Also to ask the Source for blessing and protection for you and the patient.

TO GROUND - earthing the healing energy circuit, visualise light flowing through the crown chakra, down through the body, to the feet, to the ground. Visualise roots from feet into the ground.

TO PROTECT - To visualise a sphere of white light surrounding you completely.

AURA - the human energy field seen or sensed as a glow of light around the body.

CHAKRA - an energy centre - a 'wheel'.

MERKABAH - (**Merkavah from the Hebrew**) - a vehicle of light (mentioned in the Bible by Ezekiel). **MER- light**

KA-Spirit BA-Body.

Merkaba means the Spirit / Body surrounded by counter rotating fields of Light - (spirals of energy) which transports Spirit / Body from one dimension to another.

WHY?

Why is this world so full of pain?
Why one man's loss another's gain?
Why do people claim they care
When all they do is sit and stare?

The evil's there for all to see
The fruits of inhumanity
So why do people claim they care

When all they do is sit and stare?
Ivor Segal

UNDERSTANDING 'SELF HEALING'

Everyone has that amazing power known as the subconscious, a power that blindly obeys the directions we give it through our ordinary thinking. It is a truly amazing power, which when activated, can be either beneficial or harmful, depending how we instruct it. Consequently, if you think of yourself as tired and frail, your body will reflect this perception by becoming weak. On the other hand, if you consider yourself a strong, healthy person who has loads of energy, your body will function like that.

So we should train our minds to constantly think healthful thoughts and avoid the unhealthy ones — by letting go of them by instructing yourself to dismiss such negative thinking.

Health, like happiness, is above all a mental habit.

So we owe it to ourselves to think positively in terms of our health and well-being.

If you want to feel better about yourself, try this.

Stand in front of a mirror, give yourself a big smile, and say out loud ---"Every day, in every way, I'm getting better and better!"

Why this phrase? Because this 'self affirmation', for that is what it is works as a marvellous act of self-hypnosis. Frequently repeating this phrase aloud will permit your subconscious mind to fill your life with positive thoughts and to direct your conscious and subconscious forces in the direction that's best for you.

How and why does this work? It relies on two simple facts.

1. You can only think about one thing at a time, so when you're thinking positive thoughts, you are chasing all negativity away.

2. When you focus on a positive thought, that thought becomes real because your mind brings it into being.

So if you're looking to make a change that will bring immediate results, just repeat the affirmation "Every day, in every way, I'm getting better and better!" Say it at least twenty times in a row, once in the morning and once in the evening,

or whenever: then, sure enough, you WILL get better and better, each and every day!

“Change your thoughts and you change your world.”

NORMAN VINCENT PEALE.

VENUES WHERE J.A.S.H. HEALERS CAN BE FOUND

BUCKHURST HILL

CONTACT Rita 0208 257 9325

NORTHWOOD

Rainbow Healing Centre
St Johns church, Hallowell Road,
Northwood HA6 1DN
Wednesday 2pm to 4-15 pm
CONTACT Pat 0208 866 9084

PINNER

Pinner Village Healing Centre
Pinner Village Hall, Chapel Lane,
Pinner, HA5 1BA (rear of car park)
Thursday 2pm to 4-45pm
CONTACT Steve 0208 866 9332

SOUTHGATE

CONTACT Francine 07956 261738

STANMORE

Stanmore Healing Centre
Glebe Hall, Glebe Road, Stanmore, HA7 4EL
Wednesday 7pm to 9 pm
CONTACT Steve 0208 866 9332

What is Energy?

Energy is life. It is the invisible force that animates the human body and permeates everything in the natural world, including animals, plants, trees and rocks, as well as the earth, sun, moon and stars.

The Life Force ...Throughout the course of history, cultures all over the world have acknowledged the existence of a universal energy force flowing through everything in the world, including the human body. It has been given many names. In India it is referred to as “prana”, in the Far East it is “chi” or “ki”, while in some shamanist traditions it is described as “chula” or “animu”. Today, many people refer to it as “spirit” or the “life force”. Invisible like the air we breathe, the life force has a powerful influence on our health and well-being. It not only governs our physical health and survival, but it is also responsible for our mental and emotional well-being; it is the spark that fuels our ambitions, driving us to express our personal creativity and strive to fulfil our spiritual potential.

Good health is achieved when the life force is balanced and allowed to flow freely. When it is blocked or unbalanced, it leads to disturbances that will eventually manifest as “disease” or a state of disharmony in the natural order. Energy healing is all about finding ways to strengthen, balance and free up this energy by using naturally occurring vibrations, such as light or colour, or the energies of natural forms such as plants and crystals.

A Universe of Energy ...The life force connects us to the world we live, weaving the fabric of life seamlessly together. Everything within the universe vibrates with energy and the world that we are part of is a vast web of energy patterns.

This idea has been verified by modern science. All matter, however dense it may appear, is made up of energy. It consists of atoms, protons, neutrons, electrons, waves and particles all vibrating together at different frequencies. We live in the electromagnetic energy field of the earth, surrounded by wave forms, from low frequency radio waves at one end of the spectrum to high frequency cosmic rays at the other. Everything in the universe is made up of energy, which becomes more dense (and vibrates at a lower frequency) as it forms into matter. We are energetic

phenomena and our world is dynamic. Like everything else in our lives, our health is influenced by the invisible energies that flow through us and swirl all around us. **Nicola Sion - JASH Healer** .

Shake Your Salt Habit

Even if you rarely season your food with it, you're still likely consuming too much salt, say the people at the Institute of Medicine (IOM), the group that recommends nutrient intake levels. Thanks to processed foods, most of us eat double the upper limit of salt, raising the risk of hypertension, heart attack, stroke, kidney disease and —as a recent study suggests —stomach cancer. The IOM has issued new guidelines. Currently, the percent daily value of sodium on nutrition labels is based on an upper limit of 2,400 mg a day. The new recommended amount is 1,500 mg for healthy 9-to 50-year-olds, and even less for others. But food labels won't reflect this change just yet, so look for low-sodium meals, and cut back on foods like cold cuts, dressings and canned soups.

'Mobile Thoughts'

I miss my good friend Suzy, I think of her a lot,
She died 5 years ago today, I have not yet forgot.
She was only 23 years old, not yet begun to live.
She was the kindest, caring soul, always there to give.
One night while driving down a road, a man was on his
phone
His wife and kids were chattering, "When will you be
home?"
He lost his concentration, his car was veering right,
He was driving on the wrong side, that very awful night.
Chattering to his wife and kids, he didn't see the car,
Where Suzy and her three young friends, had drove so
very far.
It happened in a moment, too fast to make amends.
Dearest Daddy, husband, my Suzy and her three young
friends.
Five souls went to heaven, and a phone lay on the floor,
Is that why to use your phone whilst driving, is against
the law?
So I ask you please, turn it off, before you start to drive.
What could possibly be more important, than keeping
you alive?
I miss my good friend Suzy, I think of her a lot,
She died 5 years ago today, I have not yet forgot.

Natalee Kutner.

QUOTES TO INSPIRE

Don't believe what your eyes are telling you. All they show is limitation. Look with understanding, find out what you already know, and you will see the way to fly.

'Before you can cure a man's body, you must cure his mind and before that his soul'

Kind words can be short and easy to say but their echoes are truly endless.

He who knows others is wise but he who knows himself is enlightened.

Love is the energising elixir of the universe, the cause and effect of all harmonies

Some of us are born with stones and some with jewels, but the most fulfilled of us are those born with stones who turn them into jewels

Do all your work as if you had a thousand years to live, and as you would if you knew you would die tomorrow

Earth's crammed with heaven
And every common bush afire with God
But only he who sees takes off his shoes
The most sit round it and pluck blackberries

Do not look for God outside yourself, for the God which you seek does not exist

God manifests in us as light in our spirit, sweet warmth in our heart, and strength in our will. Look within for the living God and be thankful. Ask that God may live within you, that He may manifest through you.

Only God can transform human beings

Everyone is seeking the meaning of life. The meaning of life is in communication with God.